



**SIGNS OF ABUSE:**

*Does your partner...*

- Constantly put you down or harass you?
- Make you feel stupid, crazy, worthless?
- Not let you have your own friends?
- Make it hard for you to leave your home?
- Hit, slap, kick, punch or push you around?
- Hurt you or threaten you in other ways?
- Force you to have sex against your wishes?
- Make you do sexual acts you don't like?

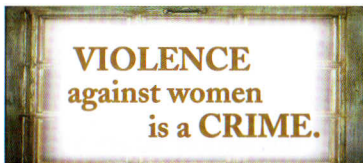
*Are you...*

- Afraid for yourself or your children?
- Emotionally torn apart?
- Threatened with beatings if you leave, talk to a lawyer or go to court?

*Do you...*

- Feel hopeless, anxious, full of tension?
- Think you are never right, no matter what you do?
- Feel guilty or ashamed about what is happening?

*If you answer "yes" to any or all of these questions, you are being abused physically, emotionally or sexually by your partner.*



**DOMESTIC ABUSE FACTS:**

- 1 in 4 women has been or will be abused in her lifetime
- Abuse is a pattern of behaviour used to establish power and control over another person
- Domestic abuse has no boundaries; it affects all types of relationships and cuts across all racial, ethnic and socio-economic lines.
- The range of abusive behaviour includes sexual, psychological, verbal, physical and financial abuse.
- Witnessing violence at home is related to short and longer-term behavioural problems in children.
- 27% of victims of violent crimes in Canada are victims of family violence.
- 85% of spousal violence victims in Canada are female.

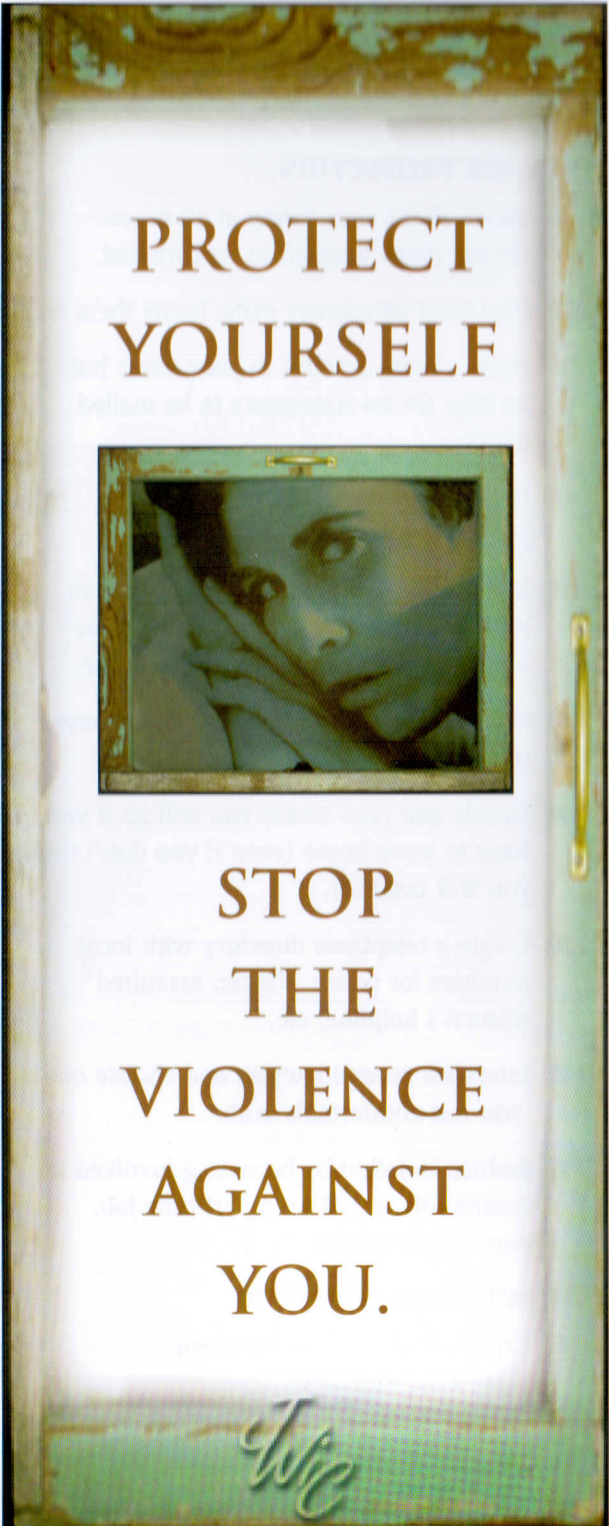
These pamphlets are distributed free of charge by JWIC, dedicated to ending violence against women. Pamphlets are available in English, French, Hebrew, Russian and Spanish. *To order, contact us at*




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**PROTECT  
YOURSELF**



**STOP  
THE  
VIOLENCE  
AGAINST  
YOU.**



**FOR YOUR PROTECTION:**

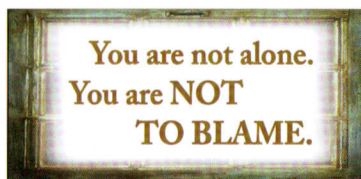
- Think about your **safety** at all times. Do not allow yourself to be cornered.
- Plan your emergency exits; know them well.
- Open a bank account in your name but arrange for no statements to be mailed to you.
- Have suitcases packed or ready to be packed.
- Identify a neighbour you can confide in. Ask them to call the police if they hear a disturbance coming from your home.
- Hide extra clothing, house keys, car keys, money, etc. at a friend's house.
- Decide and plan where you will go if you have to leave home (even if you don't think you will need to).
- Create a telephone directory with local numbers for police, shelter, assaulted women's helpline, etc.
- Interview several lawyers and choose one you feel comfortable with.
- Reduce isolation by becoming involved in community activities, a part-time job, enrolling in school.

**PROTECT YOUR CHILDREN:**

- Explain your situation to them.
- When violence erupts, they should:
  - Go to a neighbour
  - Call the police

**KEEP IN A SAFE PLACE:**

- Birth certificates for you and your children.
- Marriage contract/certificate.
- Passports or immigration papers, work permits
- Your husband's most recent pay stubs and/or your income tax returns.
- Insurance policies for you and your children.
- Jewellery; receipts of items bought by you.
- Lease/rental agreement, house deed
- School report cards, diplomas.



**KEEP IN YOUR PURSE/WALLET:**

- Enough cash for cabs, food and lodging. Long distance calling cards.
- Driver's license, car title & registration.
- Immunization/health records.
- Social insurance and other I.D.
- Provincial health cards for you and your children.
- Bank books/cheque books
- Credit cards.
- Keys to the house, car, safety deposit box.

**WHAT TO PACK:**

- Clothing for you and your children that is easily carried.
- Medications and prescriptions.
- A favourite toy/attachment item for each child.

**UPON LEAVING:**

- Go to the nearest shelter or hotel.
- Inform the school of your children's absence. Advise them NOT to give out your old or new address.
- ALWAYS take your children with you. The police cannot remove them from your spouse.
- Meet with a lawyer. Be advised of your rights and obligations.
- Apply immediately for social assistance if required.
- Apply for a restraining order against your abuser if required.
- Confide in someone at work. Arrange to have your calls screened if possible. Identify a safety plan for when you leave work. Have someone escort you to your car, bus or train.
- Join a support group if you are not already in one.
- Arrange for counseling for you and your children if you are not already involved in any.
- **DO NOT** tell anyone where you are!